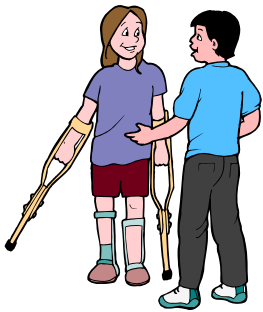


Newsletter



Special Events Edition for Carers Week

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Carers Champions would like to thank everyone who took the time to respond to our newsletter. This edition contains a diary of events for carers to get involved in and some new opportunities to sign up for, based on your feedback. We have also responded to some of the feedback you gave us and we would encourage you to continue to let us know what you think. Whether it is positive or constructive feedback we welcome your comments and endeavour to respond to them,

What's Been Happening

Womens Health Fair

The Women's Health Fair took place on Thursday 6th March 2008 at the Plymouth Guild Hall from 10am – 4pm and Carers Champions went along with our stall to provide information on our services.

This year there were a number of new stalls along with previous ones who have attended enjoyment over the last 5 years. Sienna Lingerie came along and provided a bra measuring service and there was also some wonderful craft stalls along with body pampering goods.

Plymouth Chiropractic Clinic provided their services to include, neck and shoulder massage, reiki, hand massage plus more. To enable women to enjoy the day, Green Arc Children's Centre provided a crèche, so the children could have some fun of their own! The 'old favourites' were there including Art of Dance, The Laughter Workshop, Rosie the Belly Dancer, Acupuncture Workshop and The Plymouth Music Zone kindly agreed to provide the popular Singing Workshop.

Carers Resources

Our Carers resource library is starting to build. We now have many books and some films which carers can borrow. They include:

- The Essential Carers Guide
- Several books about caring for someone with a mental illness, including Depression, Bipolar Disorder, Jargon busting
- The Courage to Grieve
- Caring for people with Dementia
- Information for Families caring for people with a Learning Disability – Autism, Aspergers.
- Families of Adults with Autism
- Room to move- a book for parents of young people with Learning Disabilities leaving home.

Please give us a call for more information about these resources. We are currently setting up a lending system, and look forward to hearing from carers so that they can benefit from this information. If you have found a particular book/DVD etc useful and want to recommend it then please let us know.

Events Coming Up



NATIONAL CARERS WEEK 2008 9-15 JUNE ***'CARERS CAN'T AFFORD TO BE ILL'***

Celebrations will be held throughout Britain this week for Carers. Plymouth will be joining in the fun! This is a national celebration of carers, and aims to promote and highlight the impact of being a carer.

This year's theme is carers looking after their own health, something they often neglect.

Carers Champions have planned lots of exciting activities and events for you, and the person you care for. We have teamed up with other partners to provide trips and treats, and a variety of information stands and goodies in Derriford Hospital's main entrance during Carers Week. We are also planning to have a stand at Drake Circus on Friday 13 June from 10am until 3pm.

The full programme of events is on page 5, 6 & 7. Please fill in your reply slip on page 27 as soon as possible, to get your name down for the Free trips to the Eden Project and Cream Teas at Kitley House Hotel. Don't forget to come along to our Cultural Lunch at the Guildhall too! All the information you need is in this newsletter.

Please come along, and join in the celebrations!

We want to ensure as many carers as possible have access to these opportunities, so we will add names to a list on a first come basis, preferred choices will be offered when possible.



Carers Week Events

Carers Week Launch 12 midday Monday 9th June A local celebrity will be opening this year's Carers Week. Come along and join us in Derriford Hospital's Main Entrance.

A variety of information Stands are here throughout the week. Including: Stroke Association, Simply Counselling, Expert Patients Programme, Mustard Tree, Alzheimers Society and many more.



Free Coach Trip to Kitley House Hotel for Cream Teas Tuesday 10th June 2.30pm-5pm - Join us for a stroll in the beautiful grounds and a yummy cream tea. Fill in the form to book your place.



Art for growth

This programme provides a safe and non-threatening space to learn new art skills or rekindle hidden talents, while taking time out for you. Come along and meet new friends and have fun. 1st Session Quaker House Mutley on **Tuesday 10 June from 10-12.30**. Phone us on 211348 to book your place.

Free Coach Trip to the Eden Project- Wednesday 11th June 10am – 5.30pm. Bring along the person you care for if you wish. Fill in the form to book your place.



A Global must see!



'Refresh Yourself Week' Come along and be pampered



Plymouth Natural Health & Healing Centre in Outland Rd are offering a half hour therapy session of your choice - for the specially reduced rate of £7.50. Just phone 770048, as soon as possible and say you are registered with Carers Champions. **Available from 9/6/08 to 13/6/08**

Achievement Training in the city centre is offering FREE mini-manicures, mini-facials, and back massages. To book your free treatments just phone 202265 and say you are registered with Carers Champions. **Available from 9/6/08 to 27/06/08**

City College Plymouth – Friday 13th June

10.30am & 2.00pm Beauty Therapy Treatments - Facials, manicure or pedicure or make up - 16 slots available

10.30am & 1.30pm Hairdressing – cuts, shampoos, blow dries and sets or hair ups - 20 slots available

To get your FREE treatment contact Tracey Haque on 305335 to make an appointment



Free Leisure Centre Taster sessions

Have a FREE swim /aquafit session or game of squash/badminton/table tennis. You can also get 20% of beauty treatments at the Mayflower Sports Centre. Just use the voucher enclosed. **Valid from 9/6/08 to 30/6/08**

Fancy a nibble? – 'Carers Cultural Lunch'. Join us at the Guildhall between 12 and 3 on **Thursday 12th June** meet some new friends, pick up some information. No need to book!

Enjoy!

CARERS WEEK POETRY COMPETITION

Calling All Budding Poets!

Do you fancy yourself as a William Wordsworth - or even Rabbe Burns
or a Spike Milligan?

We are holding a Poetry Competition for Carers
You have a choice of two themes -

'My role as a Carer' Or.....

'The funniest thing that happened to me as a Carer'

If you are feeling particularly creative - you can send in
entries for both categories.



The winning entries will be given a £25 gift voucher of their choice,
and their poems will also be publicised during Carers Week.

We could have all the poems published in a book of carers poems- at a
later date, so please enter.



So, dig out your quill pens and ink, and start those creative
juices flowing.....!!

Please send your entries in the enclosed SAE to Carers Champions by
Monday 26 May 2008. Please mark the envelope Poetry Competition.

***Friends & Families of Special Children, Carers UK
Plymouth Branch, Fun & Freedom Club & WEA***

<i>Carers Week 2008 Activities –</i>	
Monday 9th June	Indian Head Massage 10-1 -Virginia House
Tuesday 10th June	Information afternoon & cream tea 2-4 – Virginia House
Wednesday 11th	Hoppie Ear Candling 10-1 Virginia House. Music & Nosh Night, Porters, Looe Street 7.30pm
Thursday 12th	Carers Lunch & Awards 12pm Duke of Cornwall
Friday 13th	Hand Reflexology 10-1 Virginia House Boat Trip around sound Phoenix Wharf 7-10
Saturday 14th	Young Carers – 11am John Nike ski centre Lunch & awards
Sunday 14th	Young Carers – 10.30am Bowling & lunch Warner Village
<p>Carer of the Year Awards Sponsored by The Herald, trophies donated by Plymouth Trophyman</p> <p>If you know of an adult or child/young person who is caring for a loved one and deserves to be recognised for their devotion, please call and tell us about them. Nominations will be judged by The Herald.</p> <p>To book places at the above events, make a nomination or for more information telephone 204369</p>	

***Friends & Families of Special Children, Carers UK
Plymouth Branch & WEA***

<p><i>FREE Courses for Carers</i></p> <p>Emotional Freedom Technique – 3 sessions 10am – 1pm Dates – Tuesday 17th June, Tuesday 24th June, Tuesday 1st July Venue – Virginia House Centre</p> <p>St Johns Ambulance – Carer Support Programme – 4 sessions 10am – 1pm Dates – Monday 7th July, Monday 14th July, Monday 21st July, Monday 28th July Venue – Virginia House Centre Light lunch provided.</p> <p>Places are limited. To book a place please call 204369</p>
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Events Diary 2008

MAY 2008		
8th	2pm-4pm	Plymouth Age Concern Senior Voice Service Launch Venton Centre, Mount Gould
10 th -18 th		Mind Week
24th		Freedomfields Fun Day
25 th -1st		Mutley Greenbank Festival



JUNE 2008		
2 nd - 6 th		Volunteer Week
6 th	2pm	Plymouth Age Concern benefit talk Venton Centre, Mount Gould
7 th		Plymouth Pride Event
8 th		Race for Life
9 th - 13 th		Mens Health Week
9 th - 13 th		Carers Week
16 th - 22 nd		Refugee Week
19 th		Safeguarding Adults Awareness Event
19 th	2pm	Plymouth Age Concern Digital Switchover talk Elspeth Sitters House, The Barbican Tel:665424 to attend
23 rd - 27 th		Plymouth Age Concern Skilled Hands Exhibition The Guildhall



JULY 2008		
7 th - 11 th		Alzheimers Association Week

OCTOBER 2008		
28 th		Respect Festival



NOVEMBER 2008		
23 rd		Transition Event

DECEMBER 2008		
5th		Carers Rights Day



Mutley Greenbank Festival 08 Sun 25th May – Sun 1st June

An interactive week-long community festival with the theme of '**celebrating community; celebrating diversity**' taking place over a **whole 7 days** in various locations within the Mutley Greenbank neighbourhood.

There will be a host of cultural and creative activities happening throughout the week, including tea party for older persons, youth café, sports day, environmental activities, arts and crafts fair, workshops, inclusive dance & drama workshops, live music, educational fair and more. So, whether you are aged 9 months or 90 there will be **something of interest** for you!

Monday 26th May – Festival Launch event

The impressive new **Roland Levinsky** building (University of Plymouth) will be the venue for the grand launch event starting at **11am till 3pm**. Host to a variety of interactive activities for all ages, dance, cultural film showings, old photo exhibition, workshops, circus skills, toddler & children's activities and much more. Sure to be lots of fun for everyone. So come along and see what's on offer for the rest of the week.

This year is the official launch of what is set to become a yearly event in our city's calendar!

Activities

All activities and events are **FREE** unless stated otherwise. Some activities require booking in advance. For details of these and an up to date timetable of the week's activities visit the website.

Website: www.mutleygreenbankfestival.co.uk **Tel:** 01752 827818

Email: kerry.dungay@greenbanknetwork.org.uk

Ivan Lewis, the Government Minister responsible for Carers was interviewed by Carers Week: This is what he had to say.

Carers Week: In 2006 the largest-ever survey of carers in the UK confirmed that caring can be bad for your health. How is Government supporting carers to take the breaks they need?

Ivan Lewis: We know that the best way to enable carers to continue to care is by enabling them to take a break from caring. We introduced a Carers Grant in 1999 to support councils in providing breaks and services for carers in England. The Grant is worth £185 million in 2007-08, which will mean that, by 2008, we will have invested £1 billion in support for carers.

CW: What progress has been made since you announced you would be providing extra funding for Emergency Respite Care work?

IL: There is real evidence that the lack of proper planned alternative care provision in the event of a crisis is one of the most important factors in limiting carer's freedom to have a life of their own. We are working with stakeholders to identify the key principles that should apply to the provision of such emergency breaks and we plan to issue guidance in the summer. We are making £25 million available to ensure that cover is available in the event of a crisis or an

emergency; such cover should be provided at very short notice and whenever possible in the home.

CW: What is happening about the review of the National Carers Strategy?

IL: The strategy review will involve all Government Departments which impact directly on the lives of carers which have made a difference. The Group is made up of people across Government as well as the chief executives of the three main carers' organisations. This is a truly collaborative venture and as a result the voice of carers will be at the heart of the new strategy.

CW: How will you be consulting on the development of the new strategy?

IL: When Gordon Brown launched the New Deal for Carers he promised the most far-reaching national consultation ever on the future of carers. During Carers Week we will be announcing the detail, but I can assure you that we will be involving carers and other stakeholders extremely closely throughout the process.

CW: Why has the Government removed the ring-fencing from the Carers Grant?

IL: The Carers Grant, while remaining targeted, has had its ring-fencing removed. This is part of an overall government initiative to give councils flexibility to focus resources on key targets. Local government has requested these freedoms for some time and we believe it is right that they have the flexibility to ensure they meet the needs of their local population.

CW: What have you done to give carers access to support in their own right?

IL: We have supported two Private Members Bills that give carers new rights. The Carers & Disabled Children Act 2000 strengthens the rights of carers and involves a new right to a carer's assessment. It gives local councils mandatory duties to support carers by providing services to carers directly and in the provision of breaks/

The Carers (Equal Opportunities) Act 2004 builds on this by placing a duty on councils to inform carers of their right to an assessment of their needs and ensures that councils must take into account whether the carer works or in education, or is involved in any leisure activities or wishes to undertake any of these activities.

CW: What is the latest on the carers telephone help / advice line?

IL: We want to develop a helpline with a common phone number that can be dialled from anywhere in England, which will provide comprehensive advice and information ranging from what people are entitled to, through to what is available in the caller's locality. We plan to appoint a contractor later this year and are making up to £3 million a year available to support this service.

CW: What news is there on the Expert Carers Programme?

IL: The programme will support and train carers to better manage their role, and enhance the support they offer to the person they care for. It will be co-ordinated and developed by a national team, and delivered by local agencies, probably third sector bodies that are in touch with the

needs of carers in their areas. We expect to appoint the national team at the end of the summer, with the first training delivered to carers next year. To fund the programme we are making available up to £5 million per year.

Psst.....Pass it on

Carers are the ultimate pundits on caring. You've been there, done that, and found out the hard way what it's all about. The fact that you're reading this edition of the newsletter means you've recognised yourself as a carer, and have taken steps to find the information and support that you need. Unfortunately you are in the minority in our area, as most carers don't know there is anyone out there to support them.



We're asking **you** to help us reach out to the many '**hidden**' or '**undiscovered**' carers in Plymouth for Carers Week, by passing on details to someone in a caring role. You may already know someone in a caring situation, perhaps a friend or relative caring for someone with dementia for example, Multiple Sclerosis or Parkinson's disease.

We would like you to pass on our details to another carer. It may help someone see themselves as a carer for the first time, and it could make a big difference to their lives and the person they care for, if they get the help and support they need. **Let's see how many new carers we can reach this year! Remember our telephone number is 211348.**

vitalise

essential services for disabled people,
visually impaired people, and carers

A national charity is asking people in the Plymouth area to nominate their carer for a holiday.

Vitalise is asking people from the South West to nominate their carer for the chance to **win** one week's **free** holiday with full board at its Churchtown Centre in Lanlivery, Bodmin. The charity provides short breaks, respite care and other services for disabled people, visually impaired people and carers.

Carers over the age of 18 can be nominated by the people they care for. Nomination forms are available from the centre on 01208 872148 or at website www.vitalise.org.uk
The Closing date for nominations is July 16.

News Flash

New opportunities for carers to influence and improve Plymouth services. Colebrook Housing Society and Plymouth Age Concern are now host to 2 new services which will give Plymouth people a voice in local services.

The LINK (Local Involvement Network)

The Plymouth LINK will be a network of communities, groups, organisations and individuals who are interested in or have experience of Health and Social Care Services in Plymouth. It will provide an avenue for local people to feed their views about services to commissioners, decision makers and the services themselves. It will also be a route to consult with local people about service development and needs.

Anyone can be part of the LINK and it is essential that carers views are heard to shape the services that are offered to the people they care for. You can get involved with the LINK by:

- ❖ Giving your views on services
- ❖ Taking advantage of the consultation opportunities offered
- ❖ Becoming a lay inspector of local services
- ❖ Becoming a member of the LINK governing body
- ❖ Ensuring your network / groups become part of the LINK

The LINK aims to make a real difference and will have the authority to address local commissioners, inspectors and regulators of Health and Social Care services and request responses to public issues raised.

PAPOP (Plymouth Advisory Partnership for Older People)

The PAPOP is a citywide forum to enable people over 50 to have a voice and shape all services that work with this age group. PAPOP will work closely with the LINK in relation to Health and Social Care services raising the experiences of people over 50, but it has a wider remit and will offer opportunities for local people over 50 to influence all services. Many carers are over the age of 50 and PAPOP will provide options for people to get involved by:

- ❖ Giving your views on services received
- ❖ Consulting on local service developments and strategies
- ❖ Becoming a lay inspector of services
- ❖ Becoming a member of the PAPOP governing body
- ❖ Ensuring your network/groups of people over 50 become part of PAPOP

For more information on the LINK/PAPOP and their opportunities please contact **Vicky**
on **Tel:** 01752 205210 **Mobile:** 07734246855
email: vshipway@colebrookhousing.co.uk

Progress Report

Some Carers commented that it was good to hear about the achievements of the service in our last newsletter, so we thought we would keep this a feature.

You will all be pleased to hear the service is progressing well and we are on target to deliver everything we said we would!!

- ☺ **We have found 268 new carers**
- ☺ **We have given emotional support to 68 carers**
- ☺ **We have about 18 carers who have been involved in our service**
- ☺ **We are in the process of getting one new service off the ground for carers.**
- ☺ **We are working with 8 carers groups to give practical/other support**
- ☺ **We have carried out carers awareness training sessions to 9 groups of professionals**
- ☺ **We have given training to carers on 3 occasions**

If you would like more information on our targets or would like to help us to monitor and deliver these targets **LET US KNOW!** We are happy to share information with any carer.

Thanks to all carers who have and will be involved in the service. Please read through and don't forget to give us feedback on the newsletter and your suggestions.

New Website



We now have our website up and running, take a look on:

www.colebrookhousing.co.uk for all events, newsletters, training and all updates.

Benefits and Money Advice

Do you need or already get a social care service?

Would you like more control over your own life?
Would you like to choose who provides your care?

If yes, then **DIRECT PAYMENTS** is the answer



Direct payments are cash payments paid directly from the council into your account

You can use direct payments to creatively meet your assessed care needs

With Direct Payments you can hire your own help, pay an agency, buy equipment, buy a service or take a break

For more information contact your Social Worker, Care Manager, or..... the Direct Payments Team on 01752 308854

A4e Independent Living Team Floor 3 St Andrew's Court 12, St Andrew's Street Plymouth, PL1 2AH	Tel: 01752 267027 Fax: 01752 224292 Email: independentliving@a4e.co.uk
Direct Payments Team Floor 2 Ballard House West Hoe Road Plymouth, PL1 3BH	Tel: 01752 308854 Email: direct.payments@plymouth.gov.uk





Also see....

Colebrook Housing Society is an accredited support agency working with Plymouth City Council and A4e to provide support services to carers through use of Direct Payments.

We would be happy to meet with you to discuss your needs and thoughts and have enclosed a leaflet alongside your newsletter so you can see details of the services we can offer you.



If you would like further information, please contact:

Colebrook Housing Society 3 Woodland Terrace Greenbank Plymouth, PL4 8NL	Tel: 01752 205210 Email: enquiries@colebrookhousing.co.uk
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Cultural Celebrations and Events

Just an insight into some of the celebrations for many people over the next few months – (not all of them by any means!)

Sunday 11th May Whitsun - Christian Pentecost

An important festival in the Christian year. Pentecost is often seen as the 'birthday' of the Church, since this when the disciples of Jesus first proclaimed the Gospel after receiving the gift of the Holy Spirit. It is named after the Jewish festival day on which this event happened. The alternative name comes from the custom of converts presenting themselves for baptism on this day dressed in white. In previous years in Britain Whit walks became associated with this time.

Sunday 18th May Trinity Sunday – Christian

The first Sunday after Pentecost. Christians meditate on the nature of God as "Three in one" – the Father, the Son and the Holy Spirit.

Tuesday 20th May Wesak or Buddha Day - Buddhist

On Wesak, Theravadins celebrate the birth, the Bodhi Tree in Bodhgaya in

North India, and the final passing away of Gautama have separate days for each of them and on Bodhi Day enlightenment of the Buddha. Houses are decorated with garlands, and temples are ringed with little oil lamps, consisting of a simple cloth or cotton wick in a small clay vessel of oil. People may send 'Wesak cards' to their friends. Particular stress is laid on this day on his enlightenment. Lay people come together at monasteries for



enlightenment under

Buddha. Mahayanists celebrate the

with lanterns and

this, the biggest of the Buddhist festivals.

Tuesday 20th May Theravada New Year – Buddhist

In Theravadin countries, Thailand, Burma, Sri Lanka, Cambodia and Lao, the New Year is celebrated for three days from the first full moon day in April. In Mahayana countries the new year starts on the first full moon day in January. However, the Buddhist New Year depends on the country of origin or ethnic background of the people. As for example, Chinese, Koreans and Vietnamese celebrate late January or early February according to the lunar calendar, whilst the Tibetans usually celebrate about one month later.



Monday 9th June Shavuot - Jewish

Seven weeks after Pesach, Shavuot celebrates the revelation of the Torah on Mount Sinai and the early harvest season in Israel. Synagogues are decorated with flowers and dairy foods (such as blintzes and cheesecake) are eaten.

Saturday 16th June Martyrdom of Guru Arjan Dev - Sikh

Guru Arjan Dev was the fifth Sikh Guru and the first Sikh martyr. He compiled all of the past Gurus' writings into one book, which is now holy scripture: the Guru Granth Sahib.



also
the Sikh

Thursday 20th June Summer Solstice (Litha) - Pagan

Longest day of the year. At Midsummer, Pagans honour the incredible strength of the sun and the divine powers that create life. For several days before and after each solstice the sun appears to stand still in the sky.



Sunday 29th June St Peter's Day - Christian

Observed by Roman Catholic, Anglican, and Lutheran Churches. One of the oldest saints' days. St Peter was one of the Twelve Apostles whom Jesus chose as his original disciples. He was a Galilean fisherman. Above all the other disciples, Peter was assigned a leadership role by Jesus.

Tuesday 15th July St Swithin's Day – Christian

Swithin was a Saxon bishop in the 9th century. Legend has it that the weather on his feast day, 15 July, will determine the weather for the next 40 days.

Friday 18th July Asala (Dhamma Day) – Buddhist

The anniversary of the start of the Buddha's teaching – his first sermon. "The Wheel of Truth", after his enlightenment. Theravada celebration of the First Proclamation by Gautama to five ascetics in the Deer Park Benares. This taught the Middle Way, the Noble Eightfold Path and the Four Noble Truths.

Wednesday 23rd July Birthday of Haile Selassie – Rastafarian

Haile Selassie was the emperor of Ethiopia. Rastas believe Haile Selassie is God, and that he will return to African members of the black community who are living in exile. One of the holiest days of the Rastafarian year. It is celebrated with Nyabingi drumming, hymns and prayers.

How You Can Get Involved

Training Professionals in Carers Needs

Carers Champions has now run 7 sessions for health and social care workers to increase the awareness of the potential needs of carers they may come in contact with. We hope that this training improves the way people work with carers and we have had a really positive response from everyone who has taken the course and the carers who have helped us deliver it.



The most popular part of the course is hearing from a carer about their experiences and what they need from the professionals that come into their home – anything from ‘always be on time as this upsets the routine’ to ‘don’t use medical jargon’.

We have had several carers involved in this training but we appreciate that coming into a room full of professionals and speaking can be daunting for many people. We want to be flexible to include as many carers as possible who are interested and could include carers by

- 👉 Recording an interview on cassette about a carers experiences to play at the training
- 👉 Recording a video interview of a carer about their experiences to play at the training
- 👉 Writing a short piece on your experience or a poem to reflect it, which we can read out

If you have other ideas we would like to hear them!

If you would like to be part of training in some way then we want to hear from you, so please contact Vicky at Carers Champions or respond on the suggestions sheet and post it back to us.

Volunteers

We have had lots of enquiries from carers and others about volunteering with Carers Champions.

We also have carers who are involved with our service and help us with –



- **training professionals**
- **monitoring the service**
- **giving us feedback on the information we produce**
- **recruitment**
- **standing with us at events to help support new carers**

We want to recognise the contribution of these carers and we will be working with Colebrook's volunteering scheme to ensure these carers get the support they are entitled to. Volunteers can have help with out of pocket expenses, such as travel, and training to help them stay involved.

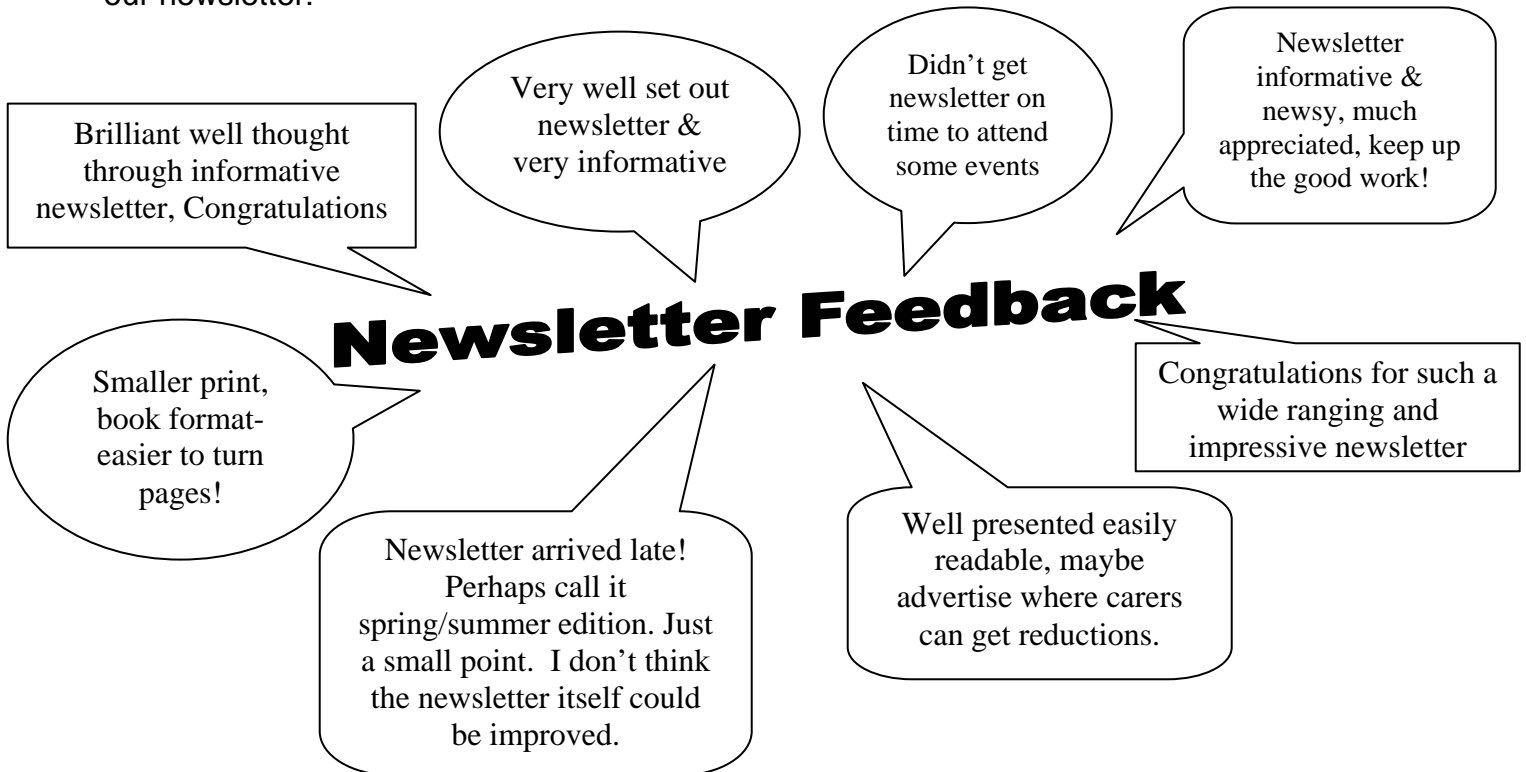
We would also like to explore other ways of using volunteers in the service and have had the following ideas –

- ☺ To support carers to take up opportunities in the community, attend drop ins etc where they may not feel confident to do this on their own
- ☺ To help with certain Carers Champions tasks such as getting the newsletter ready

We would like to know carers ideas for volunteering, are any carers interested in becoming volunteers and what your skills and interests are. We would like more carers to become involved in our service. If you are interested in volunteering or would like to know more please contact us or fill in the suggestions form attached and we will be in touch.

Carers Have Their Say!

Thank you to all carers who gave us feedback, here are some of the things you said about our newsletter:-



Lots of Carers gave us ideas for events and activities for the lottery money we were awarded, some of you were also very honest about how unrealistic these opportunities would be for you to attend. We take on board these comments and will try to respond to this in several ways.

1. We are exploring options to work with volunteers/befrienders/professional carers to support carers, either through sitting with cared for/improved rates for carers week etc.
2. Offering small trips/a pot of money so carer and cared for can do something together/have a treat, at their convenience.
3. We are trying to negotiate some special rates for carers during carers week so that activities may be affordable.
4. Support any carer who is struggling for respite, time off or money to improve their situation if they would like our support.

One carer suggested that we spread out the money we have been awarded to all carers, but given that we have over 1000 carers on our database, this money, unfortunately wouldn't go far!

Carers have identified that :

- ❖ Availability of respite is an issue
- ❖ Costs of respite is unaffordable
- ❖ Finances are unmanageable
- ❖ They are not able to have anytime for themselves and they would like this.

PLEASE GET IN TOUCH!

We may be able to help you improve your situation.

We can register unmet needs and alert the Carers Strategic Partnership Planning Group and other local decision makers

We can support carers to have a voice and try to change services.

Support Groups and Support

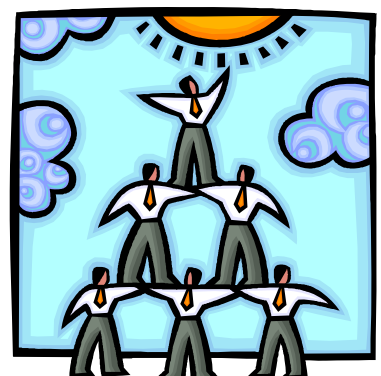
Carers Champions – 01752 211348

Carers Champions – Plymouth Age Concern – 01752 318037

Social Services out of Hours Team – 01752 346984

Social Services General Contact (to request a carers assessment) – **01752 668000**

Simply Counselling (counselling for carers) – **01752 605504**



DIAC – 01752 201065 Disability Information and Advice Centre can advise on a range of issues including Welfare Benefits, Community Care, funding, equipment, employment and mobility.

Victim Support – 0845 676 10 20

Warm Front – 0800 316 6011 Are you aged 60 or over? Do you own your home or rent it from a private landlord? Are you without a heating system? Has your heating system broken down? **Don't go cold this winter**, you could qualify for a Warm Front grant or heating rebate.

Caring for carers Support Group (support to carers of people with mental health issues) – **07887711834**

Families count too – (Local support for family & friends affected by drug and alcohol misuse) – **07708238566**

Alzheimer's Society - local helpline and free legal advice between 2pm and 4.30pm from a solicitor for any issues such as power of attorney etc on **0207 3060801**. Drop-ins run at Plympton, Plymstock and Plymouth Guild. For more information contact Pauline Rooks on Plymouth **255399**

Community Health in Keyham – CHIK This is a local charity set up to work with local people to look at methods of addressing the different factors that can affect our health & wellbeing. We offer: Advice & Information, Coffee afternoon, support groups, counselling.
Tel : 01752 606886 email: ckikproject@hotmail.com

Carers UK – Plymouth Branch – Virginia House Centre **Tel: 01752 204369**, Drop-ins, last Thursday of each month 10.30am til 12.30pm. 29th May, 26th June, 31st July.

Aspergers Support – Is there an existing group to support these carers or a need for a new group. This has been raised by carers who care for adults with Aspergers?

Do you know of an existing Aspergers support group in Plymouth? If so, can you let us know where it is and who runs it, or would you be interested in being part of a new group, let us know your thoughts. Contact us on Tel: 211348



**Active For Life Physical Activity
Information
Drop-in**



Wednesdays 2.30pm – 3.30pm

At

Oasis Project, 28 Manor Street, Stonehouse

Come & meet Dean from Active for Life, get a FREE pedometer, and information and advice on how to become more physically active, lose weight and feel healthier. For more information contact Dean on 01752 201766

email: deanb@plymouthguild.org.uk

www.plymouthguild.org.uk/active-for-life

Hearing & Sight Centre has moved



From Monday 7th April Hearing & Sight Centre will be based at:



Plymouth Guild
Providing Support, Advice and Volunteers

Ernest English House, Buckwell Street, Plymouth

PL1 2DA. Contact: Tel: 01752 201766 SMS: 07792833929



A carers group meet on the **last Thursday of each month** with the **River View** Centre Manager and staff, to share different needs which may be of concern to them. Carers receive practical and emotional support and reassurance. They are able to talk freely with those who understand, and with other carers, thereby helping to reduce their sense of isolation, resentment and guilt.

There is also opportunity to join the Carers Education Course, which is held twice a year. For further information please contact – Denise Gregson, Manager River View Centre – 01752 253974



Carers Drop-in



Come and join us for a coffee and a chat

Every Wednesday 11:00am til 2:00pm – Cozy Corner, 3 Woodland Terrace, Greenbank Tel: 211348

or

Every Monday 10:00am til 12:00pm– Plymouth Age Concern, Elspeth Sitters House, Hoegate Street Tel: 665424

Due to the poor attendance at several of our Drop-Ins we have reviewed the situation and will be offering the above Drop-Ins.

We are starting a monthly 'light lunch' at our Cozy Corner Drop In - at Carers Champions at Greenbank. We plan to have some speakers, and other topics of interest to you every month – to go along with your lunch!

Our first lunch will be held on **Wednesday 21 May at 12 midday at Cozy Corner – 3 Woodland Terrace Greenbank**. The Drop In will be open as usual from 11am until 2pm. Come along and have a bite with us! No need to book.

We have had some feedback about the best places to hold our Drop In Coffee Mornings. One carer suggested a pub, between 10-12, when it is quiet. He also suggested a café in town.

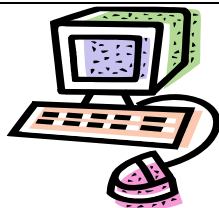
What do you think? Please let us have your suggestions on the best place to hold our get togethers. We want to respond to your needs. We are already looking in the Southway/Derriford areas at suitable venues. Do you want one in your area?



A carers group meet on the **last Thursday of each month** with the **River View** Centre Manager and staff, to share different needs which may be of concern to them. Carers receive practical and emotional support and reassurance. They are able to talk freely with those who understand, and with other carers, thereby helping to reduce their sense of isolation, resentment and guilt.

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The Sequal Trust



The Sequal Trust fundraises on behalf of its members to provide a communication aid, which can be in the form of a specialised computer system, voice synthesiser to relay pre-recorded messages, and many other items of communication equipment. In addition to providing equipment on a "life long free basis" the Sequal Trust also maintains and repairs the equipment as the need arises as well as up grading when necessary. Membership is not restricted by age, race, gender or social background. The criteria being speech and/or movement difficulties associated with many types of disability. For more Information contact TEL: 01691 624222 website: www.the-sequal-trust.org.uk



Exercise to Music – (For the over 60's)

If you would like to join a group, start a class in your area, advice or one to one exercise sessions, please contact Birgitta White on Tel: 01752 408951

The Multiple Sclerosis Society, Plymouth, Liskeard and District

Branch will be holding a seminar at Plymouth Holiday Inn, Armada Way on Wednesday 7th May from 7:30pm until 10:00pm for more information or to book a place please contact: Maureen Hole on Tel: 01752 704538



We welcome carers input into your newsletters. If you have any information you would like to share with other carers e.g. good places to eat, places to visit, cheap days out, whether the service you received was good/bad, or even your thoughts on being a carer, we would love to hear from you

Newsletter dates for 2008

Deadline for articles

August 1st

November 3rd

Date of posting

August 15th

November 17th

Just a reminder about how to find us

There is currently no parking on our own site but we have 4 parking spaces available for use at the rear of 2 Woodland Terrace (see map below). Please also see the map for on-road parking options close by. For the future we are looking at planning permission to develop some parking on our own land.

To Mutley Plain

To Cattedown Roundabout

There is free parking along this road except between 10am–11am.

There are 4 parking spaces here. Turn into Greenbank Terrace and take the first service lane on the right immediately after the Garage. Entrance to the parking is next to the garage.

There is free parking for a maximum of 2 hours and no return within 2 hours.

This block of parking spaces (up to Number 41) is free for a maximum of 2 hours and no return within 2 hours. The rest of Baring Street is permit holders only Mon-Sat from 9am-7pm.

This road is permit holders only Mon-Sat from 9am-7pm.

There is no parking on this road at any time.

Carers Champions
3 Woodland Terrace
Greenbank Road
Greenbank
Plymouth
PL4 8NL

suggestions

Name: _____

Contact Details: _____

Organisation/Group (if applicable): _____

Please give us any suggestions/feedback on this newsletter, what you liked, what you didn't. What do you want to see in future newsletters? And any suggestions on how improve the service.

Are you interested in getting involved in the design, delivery and monitoring of this service? Please tell us what might help you do so?



Booking Form

I would like to attend the following events during carers week:

Please tick box. If you are ticking more than one box, please rate each trip in order of preference. i.e. 1 = 1st choice 2= 2nd choice.

Eden Project* **Carer only** **Carer & Cared For**

Cream Teas at Kitley House

Arts For Growth

*(Please note: For the Eden Project Trip you may also take the person you care for – but we must point out that the coach we are using for this trip is *not suitable for severely disabled people*. The person you care for should be able to get on and off the coach, with a little assistance if required. (Carers Champions staff will be on the coach to help out). Or alternatively you can make your own way and meet us there. The Eden Project has wheelchairs available for people who cannot walk very far, and those staff will be on hand to take people around the project in a wheelchair, if they wish. If you are having difficulty arranging someone to care for the person you normally care for-then please contact us, and we will see what we can do to help. We want to give you a break from caring, and enjoy your day out.

- For pampering sessions please phone the number supplied.
- For Leisure Centre Tasters and 20% off beauty treatments at the Mayflower Leisure Centre - use enclosed vouchers.
- For City College Plymouth activities please phone number supplied for an appointment, but also let us know so we can send you a medical disclaimer.

Name:.....

Address:.....

.....

Telephone Number:.....

Please return in the stamped addressed envelope provided by 26th May to book your places. We will be back in touch with further details about pick up points for trips etc.

Thank you